

Friday Classes



INTERMEDIATE (No class 11/12, 11/22, 11/23)

Date: 9/6 - 12/20

Location: Multipurpose Rm. B

Time: 8:45 a.m. – 10:15 a.m.

Instructor: N. Ross

This class is designed for students who can read and write about familiar situations.

These students can participate in conversations about everyday subjects and subjects they are interested in.



ADVANCED LOW (No class 11/12, 11/22, 11/23)

Date: 9/6 - 12/20

Location: Multipurpose Rm. B

Time: 10:30 a.m. – 12:00 p.m.

Instructor: N. Ross

This class is designed for students who use English independently in most familiar situations.

YOGA FOR BETTER BALANCE †Foothill (class meets T & F) (No class 11/23)

Date: 9/25 - 12/11

Location: Dance & Movement Rm.

Time: Session 1: 8:45 a.m. - 9:45 a.m.

Instructor: M. Alexander

Session 2: 10:15 a.m. - 11:15 a.m.

Cost: Free

This yoga class promotes whole body balance: physical, mental, emotional, and spiritual through addressing the components of equilibrium. We will focus on cultivating awareness through the development of core strength, joint mobility, flexibility, stamina, and agility while paying attention to the interplay between breath, movement, and the mind. Instruction will include postures, ROM exercises, breath techniques, relaxation, fall prevention, and moving balance. Wear loose fitting clothing. All levels are welcome. Emphasis on the easy level is the 8:45 class and moderate to advanced is the 10:15 class. † See pg. 23 for enrollment information.



CALLIGRAPHY, BEGINNING / INTERMEDIATE **MV-LA

Date: 9/21 - 11/9

Location: Arts & Crafts Room

Time: 9:00 a.m. - 12:00 p.m.

Instructor: S. Frank

Cost: Age 55+ \$20*/others \$84*

Students will work on lettering and designing place cards, menus, invitations, and announcements for a special event. Learning important layout techniques will be included. Beginning and continuing students are encouraged to attend. Learn to work with a broad-edged pen to form italic letter forms. Come develop a new skill to personalize correspondence. Continuing students will be learning brush lettering which will require a Pentel brush pen. This style is modern, unique and much of the skill required has evolved from copper plate pressure alphabets. Supplies will be discussed at the first class meeting - if you have lettering materials, bring them. *Materials fee \$5.00 is payable to instructor at first class. **See pg. 23 for enrollment information.



Friday Classes

FELDENKRAIS AWARENESS THROUGH MOVEMENT **MV-LA (No class 11/23)

Date: 9/21 - 12/7

Location: Multipurpose Rm. A

Time: 10:00 a.m. - 11:15 a.m.

Instructor: J. Elvin

Cost: Age 55+ \$20/others \$54

Improve coordination and quality of movement naturally. This series of gentle movements will help you discover more comfortable and effective ways to complete everyday movements with more ease. Lessons involve small movements on the floor that relieve stress and contribute to a greater sense of well-being. Bring a mat and blanket to each class. **See pg. 23 for enrollment information.

ARTHRITIS EXERCISE †Foothill (class meets T & F) (No class 11/23)

Date: 9/25 - 12/11

Location: Multipurpose Rm. A

Time: 11:30 a.m. - 12:50 p.m.

Instructor: S. Lohmann

Cost: \$41 (fee includes both classes)

This class is designed to improve the flexibility and posture of those individuals who suffer from arthritis. Safe, mild stretching techniques for every joint in the body will be utilized. † See pg. 23 for enrollment information.

LINE DANCING (No class 11/23)

Date: Ongoing

Location: Multipurpose Rm. A

Time: 1:00 - 2:00 p.m.

Instructor: J. Liang

Cost: Free

Enjoy an hour of line dancing with other line dancers. No partner needed.

SQUARE DANCING (No class 11/23)

Date: Ongoing

Location: Multipurpose Rm. A

Time: 2:15 - 3:15 p.m.

Instructor: A. Knoppe

Cost: Free

Join this lively class for square dance instruction and dancing. All levels welcomed. No partner needed.

